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FAMILY LIVING

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UNITED STATES DEPARTMENT OF AGRICULTURE
FARMERS HOME ADMINISTRATION
439 New England Building
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Reserve



HAVE A VARIETY OF MEAT

--- "I am not the only kind of meat that is good to eat. Plan to have pork, beef, poultry and lamb if possible."

It is essential that borrower families raise their own supply of meat in order to assure an adequate supply for their table. The production of meat is expected to remain about the same with possibly a slight increase, but demand is increasing and retail prices are certain to continue high.

PRESERVING MEAT BY FREEZING

SPACE - Meat constitutes a large part of the foods stored in frozen food lockers and home storage units. The standard commercial locker will accommodate between 200 and 250 pounds of meat carefully packaged and packed. The average family of four will consume about 600 pounds of meat during the year, which means that the locker space must be carefully budgeted if it is to be used also for poultry, fruits, and vegetables, as it should be. It is necessary that the locker be kept filled to capacity at all times, in order for it to be an economical method of preservation.

THE FIVE CARDINAL POINTS - Freezing food can be described as the simplest, safest, and sanest method of food preservation, provided one follows the five cardinal points: 1. Careful Selection, 2. Proper Packaging, 3. Freezing at 0°F. with a Minimum Fluctuation, and 5. Avoidance of Too Long Storage.

IMPORTANCE OF RAPID CHILLING - Improper chilling or delayed chilling is the most common cause of meat spoiling. Bacteria grow rapidly at temperatures above 40°F.; therefore, all fresh meat should be cooled to an internal temperature of 40°F. or lower within 24 hours.

QUICK FREEZING - In the light of present information, temperatures for quick freezing should be -20°F. in still air and -5°F. in moving air. The frozen food storage compartments in household refrigerators and the home freezers are designed for holding frozen foods. Their capacity for freezing is limited to small amounts at one time unless special sub-zero compartments are provided. If large amounts of food are to be frozen it is recommended that the freezing be done in a commercial locker plant.

PACKAGING MATERIALS - We expect food packaging material to be available since all materials essential to the defense effort, which includes food preservation material, now come under the Controlled Materials Program.

REFERENCE MATERIAL - "Preserving Foods by Freezing" - Circular 249 - March, 1949
Agricultural Experiment Station, Kansas State College.
"Freezer Storage Of Food" - A leaflet distributed by
Kansas State College Extension Service.

